

TIPS FOR EFFECTIVE PARENTING

- ◆ Set age appropriate rules and be consistent with discipline.
- ◆ Let your child know you love them always even while disciplining them.
- ◆ Show attention to your child on a continuous basis.
- ◆ Take time to listen to what your child is thinking and feeling.
- ◆ If you feel yourself becoming too frustrated or angry, take time out to cool down before taking action.
- ◆ Be a positive role model for your child by consistently being honest and patient and by interacting well with others.

WHERE TO SEEK HELP:

- ◆ Family support systems such as: family members, friends and religious leaders
- ◆ Reading materials provided at public health centers and libraries
- ◆ Attending workshops at schools and mental health centers
- ◆ Consulting with professionals such as teachers, doctors, counselors or others mental health workers.



For Information and Help Call:

1-703-533-3302

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Effective Parenting



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REFUGEE MENTAL HEALTH PROGRAM

WHAT IS EFFECTIVE PARENTING?:

In order for your child to grow up felling loved, secure and valued, you as a parent must not only be able to meet their physical needs but their emotional, intellectual and social needs as well. Although loving your child is necessary, it takes many other skills to be an effective parent.

WHAT DOES EVERY CHILD NEED?

- * Physical care such as:
 - ◆ good nutrition/physical fitness
 - ◆ clean and safe accommodations
 - ◆ good medical attention, including immunizations
- * Emotional needs such as:
 - ◆ love and respect
 - ◆ physical closeness (e.g., hugs and kisses)
 - ◆ help in coping with disappointments and pride in their accomplishments
 - ◆ undivided attention and patience

- * Intellectual needs such as:
 - ◆ help in problem-solving
 - ◆ encouragement of intellectual development through play or reading and help with school work
 - ◆ support of interests and encouragement of creativity
- * Social development needs such as:
 - ◆ having good communication skills
 - ◆ learning to care and respect others
 - ◆ learning politeness and non-aggressive behaviors

MYTHS AND FACTS OF BEING AN EFFECTIVE PARENT

MYTH: Parents play only one role such as that of a disciplinarian.

FACT: Parents play many roles. They are teachers, role models, disciplinarians and even playmates.

MYTH: Becoming a parent automatically qualifies you as an effective parent.

FACT: While some parenting skills come instinctively, most can be learned.

MYTH: Love is sufficient for effective parenting

FACT: While love is very important, it is only one of several needs of the child.

MYTH: Disciplining a child makes you a bad parent.

FACT: While harsh, physical discipline is not acceptable, children need and crave structure and rules in their lives to help them feel safe and secure.

MYTH: It is shameful to ask for help to become an effective parent.

FACT: One of the most important aspects of effective parenting is to know when to seek help when necessary without feelings of shame or guilt.